JONGBEOM LEE

EXPERTS CONSULTED:
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(PHD IN PSYCHOLOGY, HEAD OF THE "HEART TO HEART" CLINIC)

[DASIM NU]
(HEAD OF THE "DASIM NU PSYCHOLOGY ACADEMY,"
PSYCHOLOGY COLUMNIST)

[GYEONGBO SEO]
(FACULTY IN YONSEI UNIVERSITY
GRADUATE SCHOOL'S PSYCHOLOGY DEPARTMENT) ET AL

Read the comics on LINE WEBTOON
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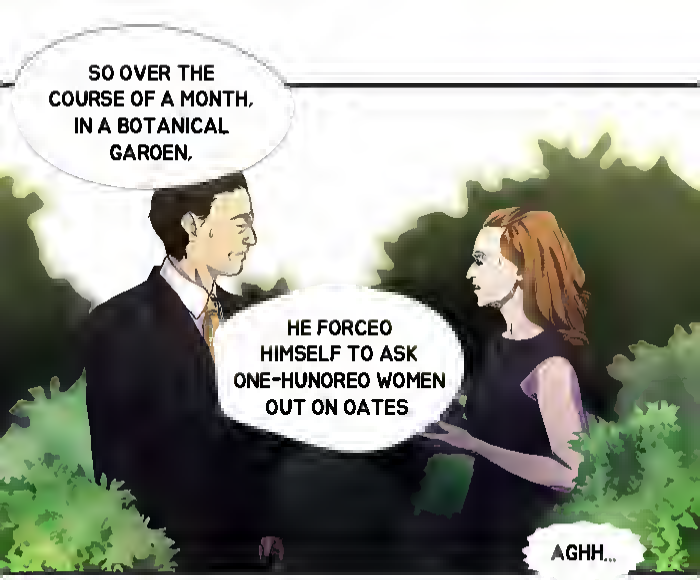
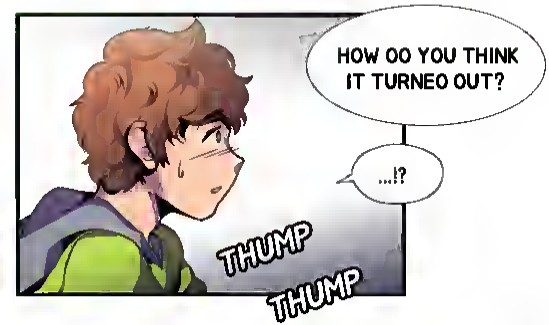
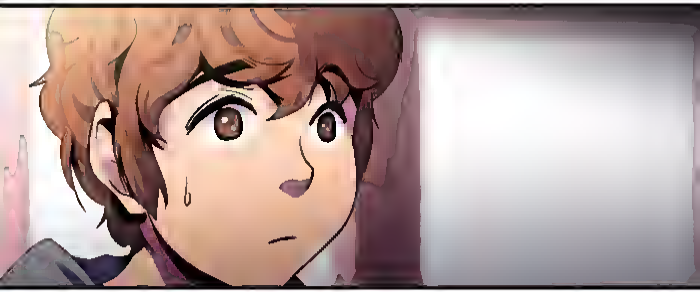
GOOD!
SLAP
I KNOW I CAN TREAT HIM SINCE I'M FOLLOWING THE BOOK!!

USUALLY, WHEN PEOPLE WITH SOCIAL ANXIETY DISORDER SEE SOMEONE LAUGH OR GET ANGRY,
DID I MAKE THEM UNCOMFORTABLE?...
I PROBABLY LOOKED STUPID...
THEY HAVE A TENDENCY TO AUTOMATICALLY THINK THAT IT'S THEIR OWN FAULT.
AHH... I GUESS I DO KIND OF DO THAT.

PEOPLE PROBABLY THOUGHT I WAS WEIRD.
AT ONE POINT, MY VOICE WAS SHAKING SO BADLY... UGH.
.....
ARE YOU SURE?
WHAT?

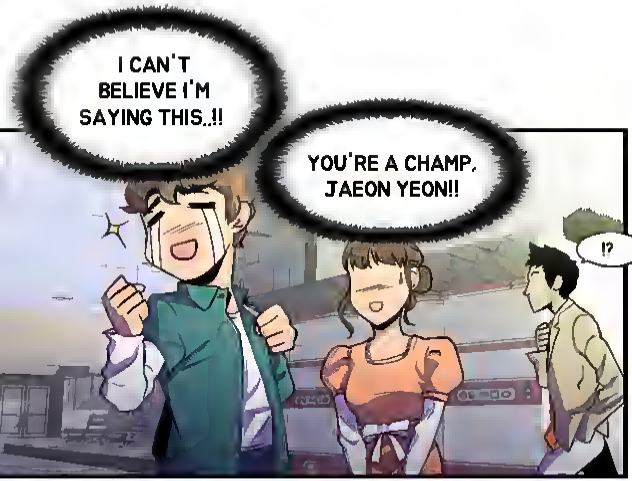

SO OVER THE COURSE OF A MONTH, IN A BOTANICAL GAROEN,
HE FORCEO HIMSELF TO ASK ONE-HUNOREO WOMEN OUT ON OATES
AGHH...

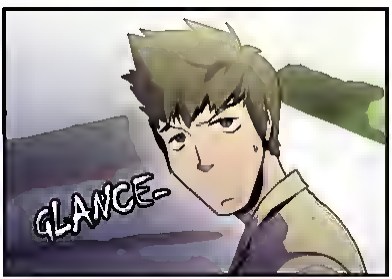

HOW OO YOU THINK IT TURNEO OUT?
...!?
THUMP
THUMP



A LOT OF TIMES, PEOPLE THINK THESE THINGS TOTALLY UNCONSCIOUSLY.
SO THEY DON'T EVEN REALIZE THAT THEY'RE THINKING THEM.
T-THEN IF I JUST FIX MY WAY OF THINKING
SOMEHOW...
OF COURSE, IT TAKES MORE THAN THAT.

TO BE CONTINUED

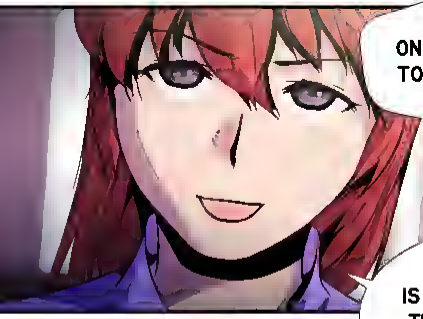

I CAN'T BELIEVE I'M SAYING THIS..!!
YOU'RE A CHAMP, JAEON YEON!!
!?


GLANCE-

ON-CAMPUS
COUNSELLING
CENTER

BY JONGBEOM LEE

10 DAYS OF SHY MR. YEON (2)

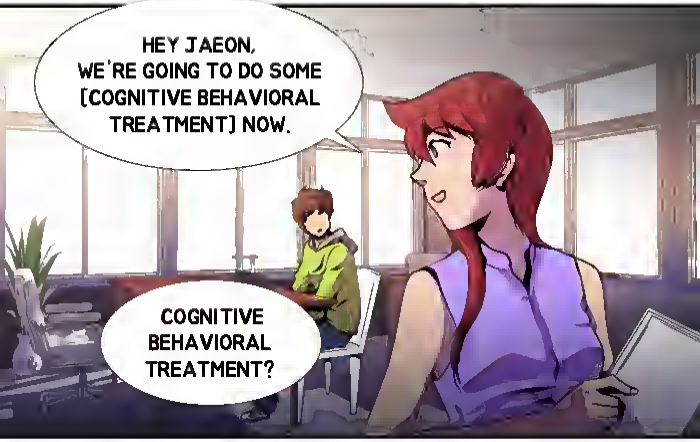


ONE OF THE BEST WAYS TO OVERCOME ANXIETY

IS TO REPEATEDLY FACE THE SITUATION YOU'RE MOST AFRAID OF.

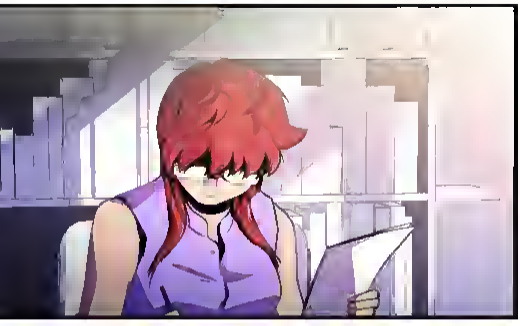
CONFRONT

THIS TYPE OF PSYCHOLOGICAL THERAPY IS CALLED [CONFRONTING TRAINING].



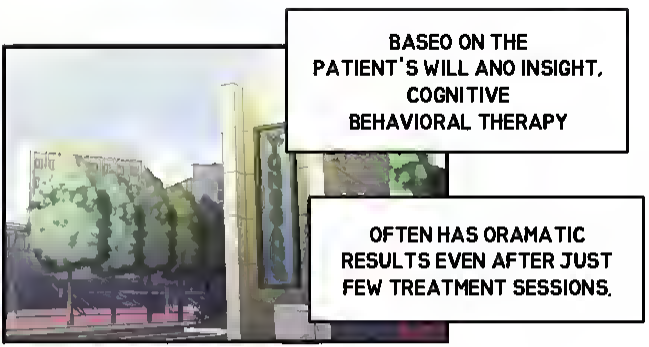
COGNITIVE PSYCHOLOGISTS
VIEW PEOPLE'S [MENTALITY]
AS VERY IMPORTANT

BASICALLY,
A PERSON'S PSYCHOLOGICAL
STATE CAN WIDELY VARY DEPENDING
ON [HOW THEY THINK].

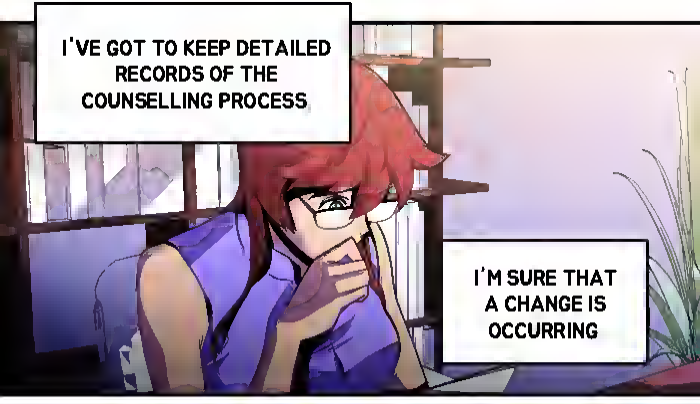


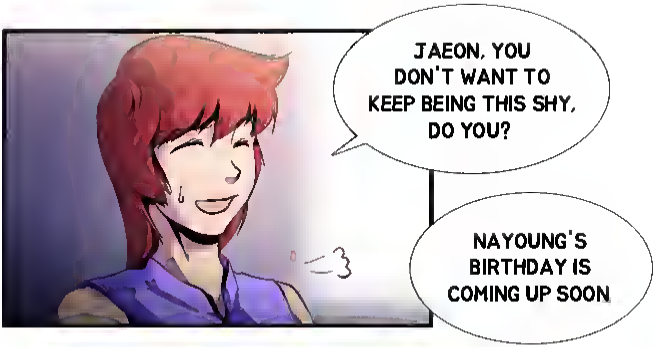
THE LAST STAGE IS
"DO YOU BELIEVE
IN CHAKRA?"

D-DAY


BASED ON THE PATIENT'S WILL AND INSIGHT, COGNITIVE BEHAVIORAL THERAPY
OFTEN HAS DRAMATIC RESULTS EVEN AFTER JUST FEW TREATMENT SESSIONS.

YONGGANG UN
PSYCHOLOGY DEPARTM
ON-CAMPU


I'VE GOT TO KEEP DETAILED RECORDS OF THE COUNSELLING PROCESS
I'M SURE THAT A CHANGE IS OCCURRING

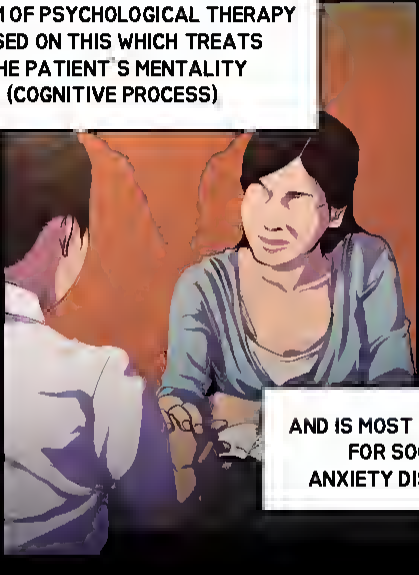

JAEON, YOU DON'T WANT TO KEEP BEING THIS SHY, DO YOU?
NAYOUNG'S BIRTHDAY IS COMING UP SOON

JUST TRUST ME, OKAY?
...OKAY.

I'VE PREPARED A PRESENT!
I ASKED HER OUT ON A DATE AND DIDN'T SHAKE AT ALL!
DO YOU HAVE TIME AFTER CLASS TODAY?

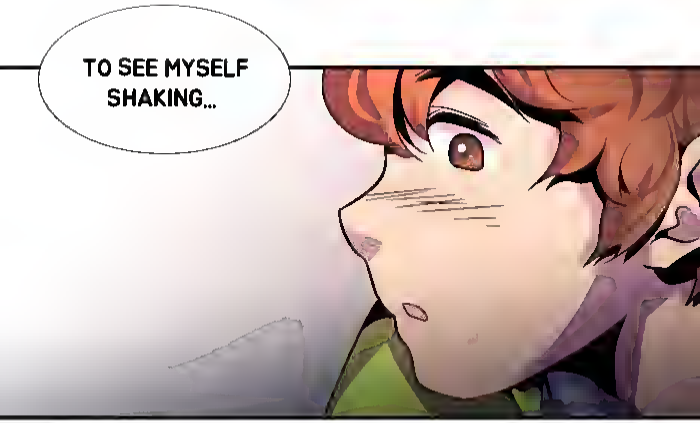
FOR TEN DAYS.
THE PROFESSOR
IS ON AN ACADEMIC
BUSINESS TRIP.

COGNITIVE BEHAVIORAL THERAPY IS A FORM OF PSYCHOLOGICAL THERAPY BASED ON THIS WHICH TREATS THE PATIENT'S MENTALITY (COGNITIVE PROCESS)



AND IS MOST EFFECTIVE FOR SOCIAL ANXIETY DISORDER

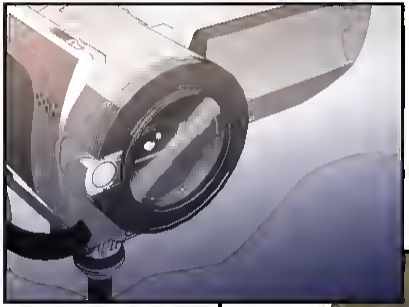
WHAT GOOD WOULD IT DO...


TO SEE MYSELF SHAKING...

SERIOUSLY...
N-NAYOUNG, O-OO.
OO YOU W-WANNA GO.
G-GO.. EAT..
IS IT THAT HARO FOR HIM TO ASK ME [WANNA GO OUT TO EAT SOMETHING]!!

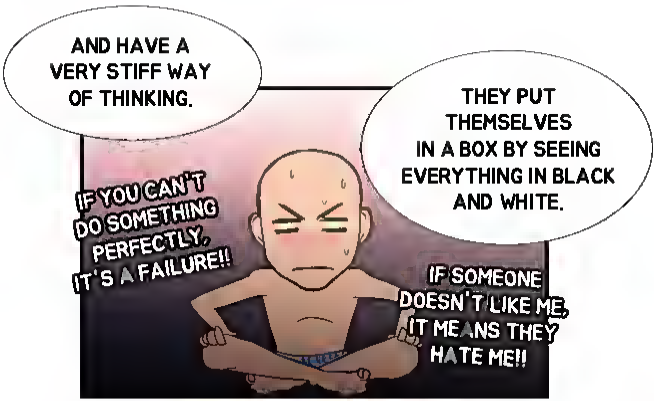
OR, HE COULO JUST COME RIGHT OUT ANO ASK ME OUT ON A OATE.
WHAT KINO OF MAN CAN'T EVEN OO THAT...?

HUG

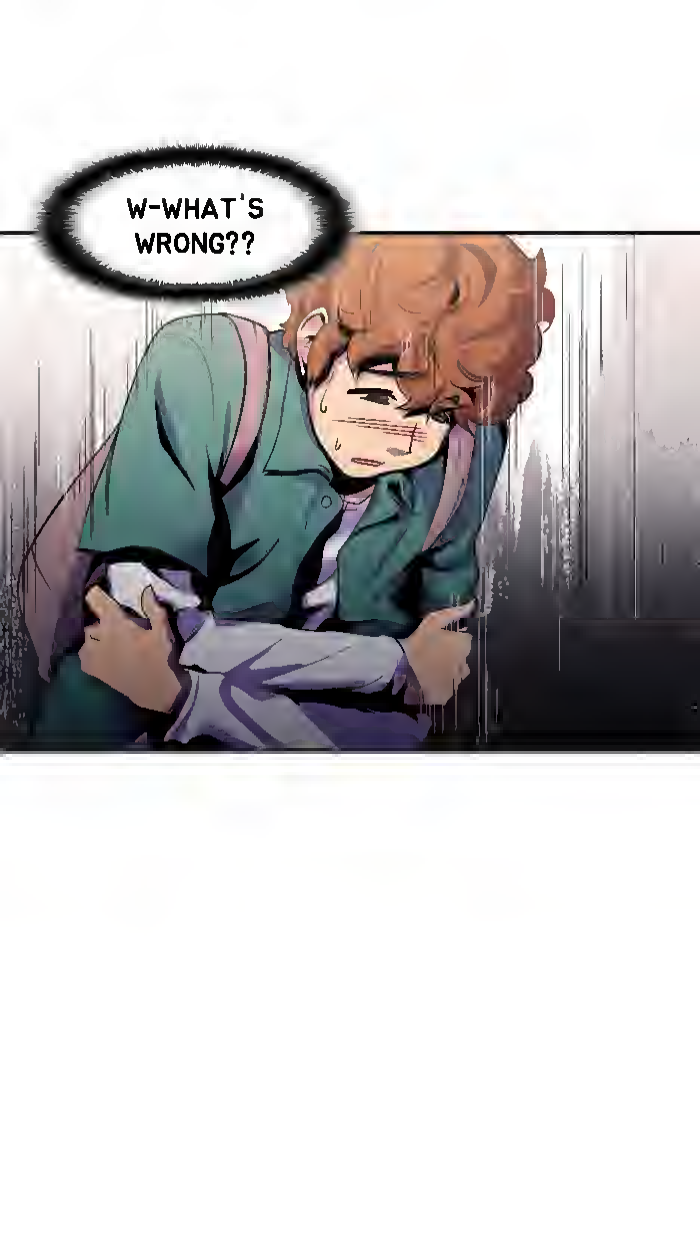


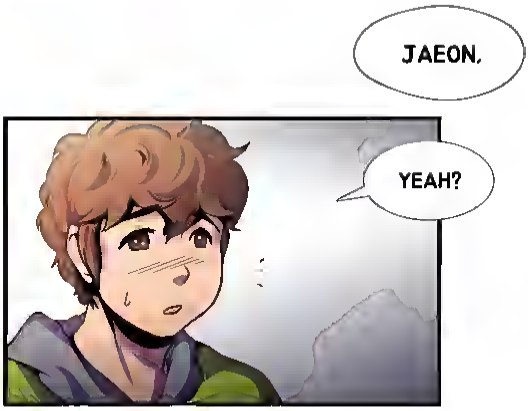
AND BY PURE COINCIDENCE
IT'S NAYOUNG'S BIRTHDAY IN TEN DAYS
GOOD!
I'LL BE ABLE TO TREAT THIS CASE!!

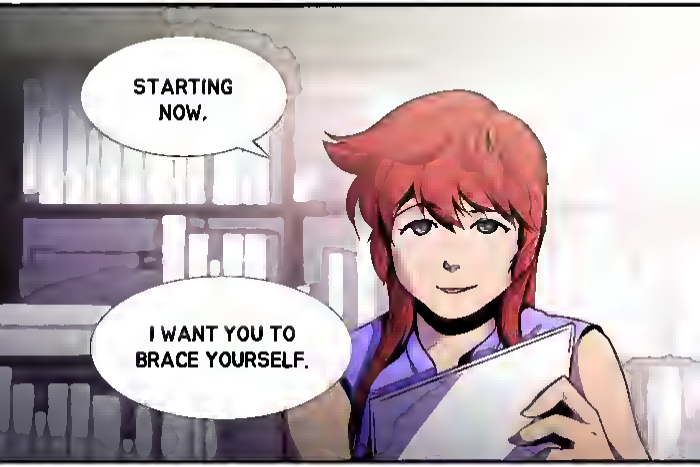
WHAT DOES IT MATTER?

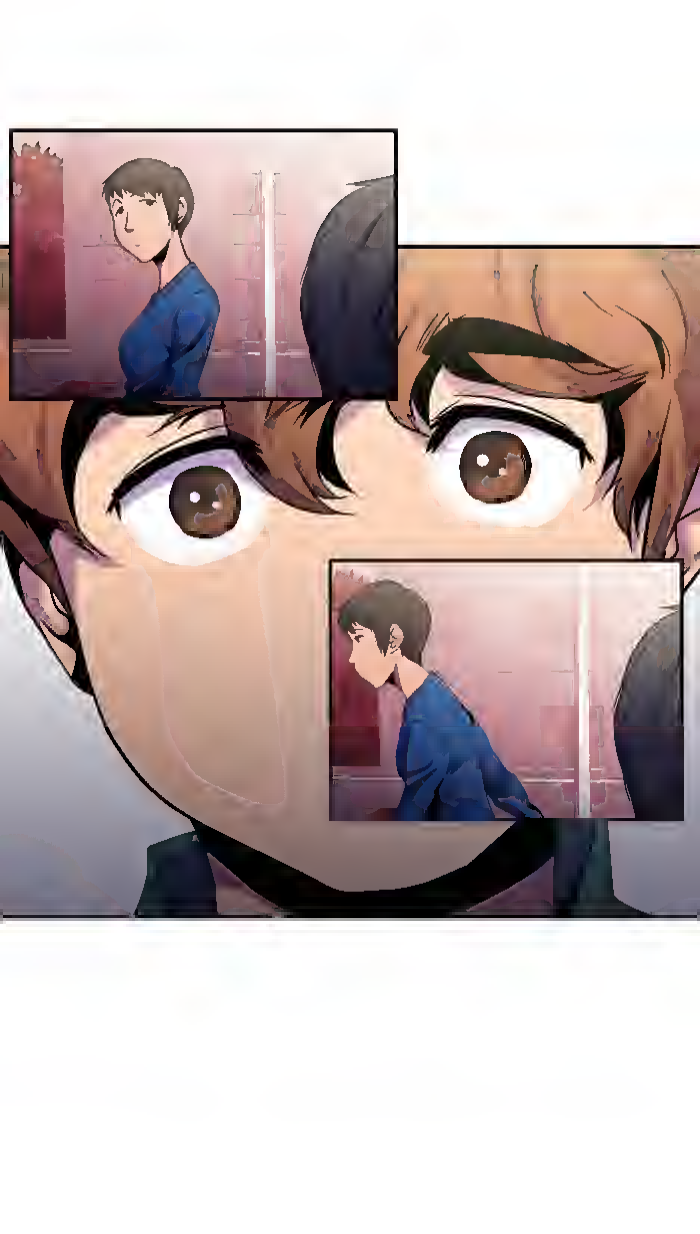

AND HAVE A VERY STIFF WAY OF THINKING.
THEY PUT THEMSELVES IN A BOX BY SEEING EVERYTHING IN BLACK AND WHITE.
IF YOU CAN'T DO SOMETHING PERFECTLY, IT'S A FAILURE!!
IF SOMEONE DOESN'T LIKE ME, IT MEANS THEY HATE ME!!

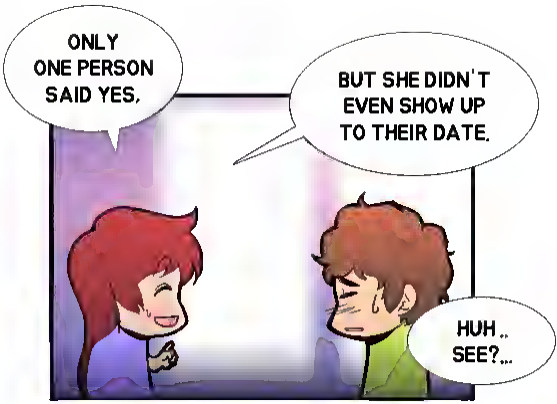
JAEON, DON'T YOU THINK THESE KINDS OF THINGS WHEN YOU'RE IN FRONT OF OTHER PEOPLE?
D-DO I?

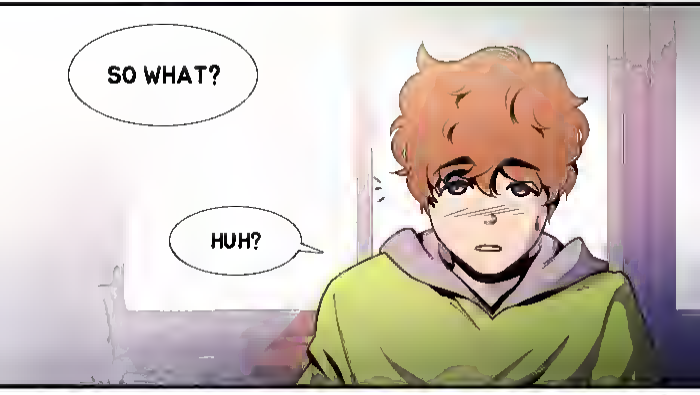

W-WHAT'S WRONG??


JAEON.
YEAH?

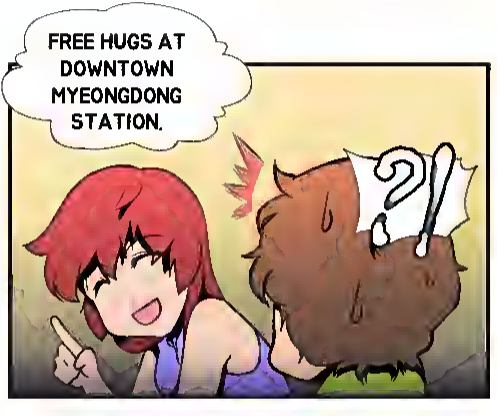

STARTING NOW.
I WANT YOU TO BRACE YOURSELF.




ONLY ONE PERSON SAID YES.
BUT SHE DIDN'T EVEN SHOW UP TO THEIR DATE.
HUH.. SEE?...

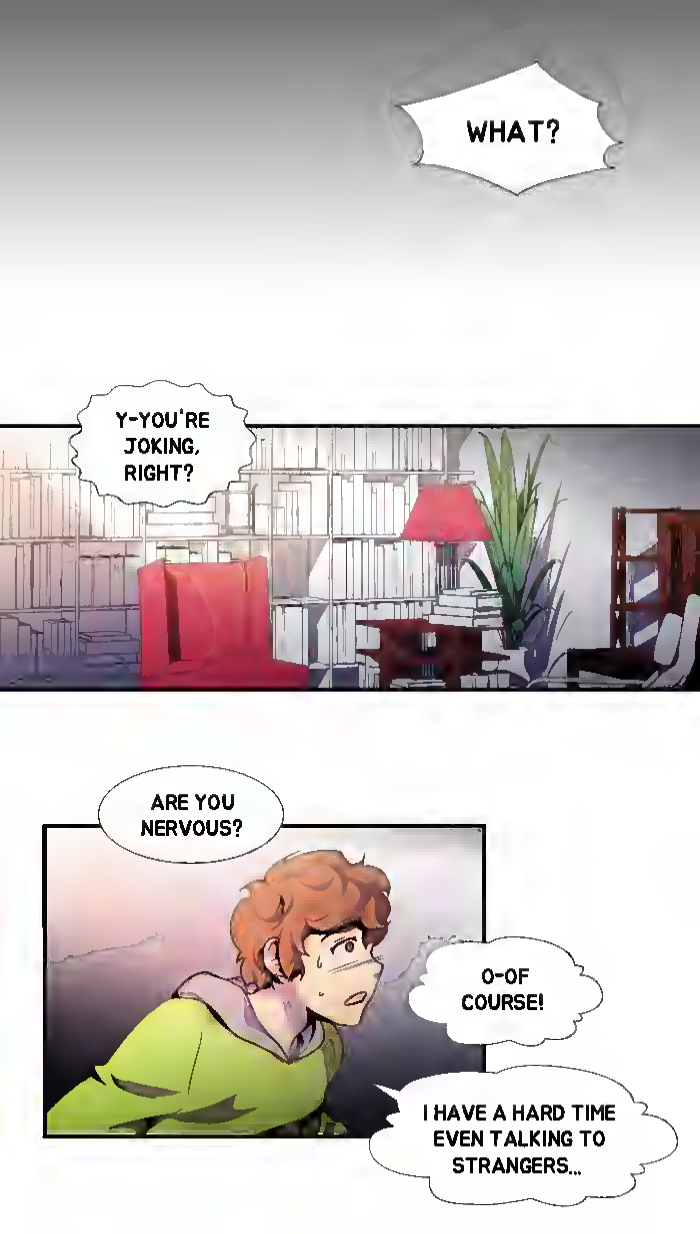

SO WHAT?
HUH?

HEY-
WHAT'S THIS!!
WHAT
OO YOU MEAN?
IT'S YOU! HAHA
BUT WHY...
JUST WATCH
FOR A WHILE


FREE HUGS AT DOWNTOWN MYEONGDONG STATION.
?!

SO YOU STILL HAVEN'T TOLD HIM YET EITHER?
UGH, WHAT'RE YOU WAITING FOR?!
WHAT MADE YOU TO LIKE THAT KIND OF MAN...
HMPH.. IT'S DRIVING ME NUTS TOO GUYS~

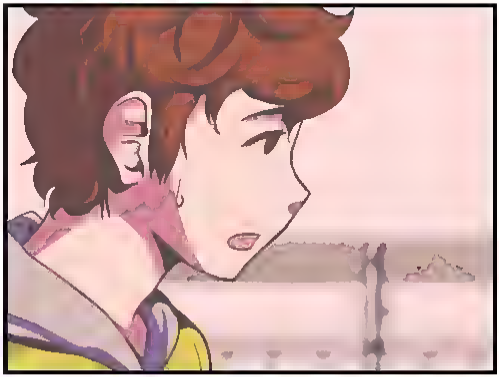
HAVE YOU NOTICED SOMETHING DIFFERENT ABOUT JAEON?
YEAH, IT'S TRUE.
OH, IT'S JAEON...


WHAT?
Y-YOU'RE JOKING, RIGHT?
ARE YOU NERVOUS?
O-OF COURSE!
I HAVE A HARD TIME EVEN TALKING TO STRANGERS...

TOONG

I'M GONNA TELL HER HOW I FEEL TODAY!
I'VE CHANGED... I'VE CHANGED...

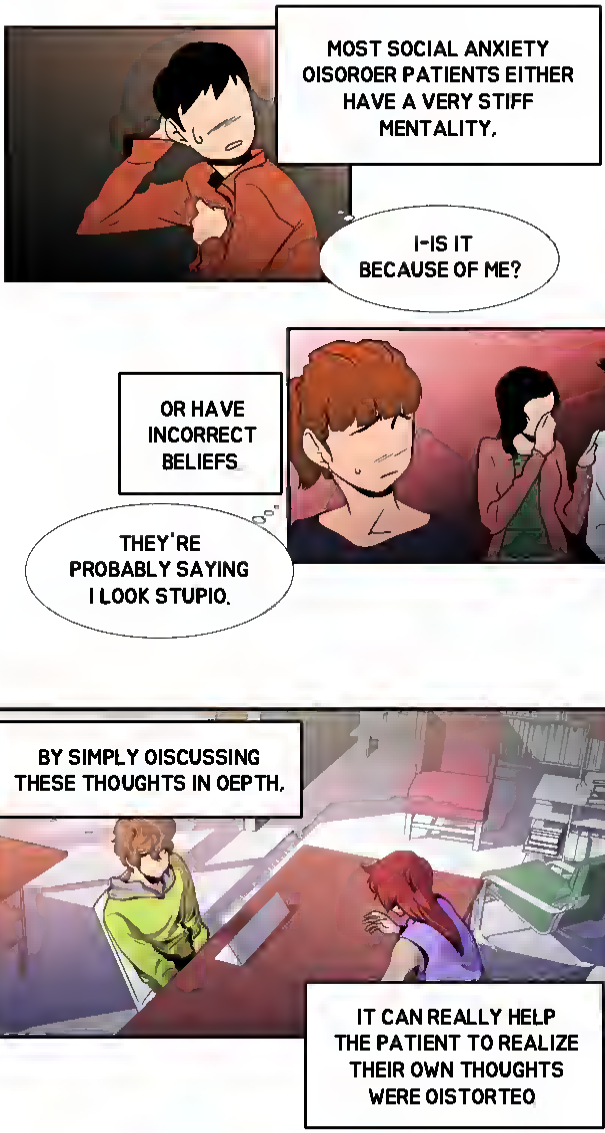
YOU SAID YOUR FACE WAS RED AND YOU WERE SHAKING, RIGHT?



TO ME, YOU DON'T LOOK ALL THAT DIFFERENT

FROM ANY OF THE OTHER PEOPLE HERE.

HM... WHENEVER HE'S NERVOUS, HE COVERS HIS MOUTH.
THIS IS WHAT THEY CALL [SAFETY BEHAVIOR].
IT'S NOT GOOD FOR HIS TREATMENT, SO NEXT TIME I'LL TELL HIM TO STOP IT...
AND... THE NEXT PLAN IS...


MOST SOCIAL ANXIETY OISOROER PATIENTS EITHER HAVE A VERY STIFF MENTALITY.
I-IS IT BECAUSE OF ME?
OR HAVE INCORRECT BELIEFS
THEY'RE PROBABLY SAYING I LOOK STUPIO.
BY SIMPLY OISCUSSING THESE THOUGHTS IN OEPTH,
IT CAN REALLY HELP THE PATIENT TO REALIZE THEIR OWN THOUGHTS WERE OISTORTEO

YOU'VE GOTTEN SO MUCH BETTER, JAEON! BE BRAVE!
THANKS, SEONGA.

AAAHH~
I CAN'T DO
THIS ANYMORE...
YOU DID WAY
BETTER THAN
I THOUGHT.
HOW DID
YOU FEEL?
AH... I WAS
SHAKING
TOO MUCH...

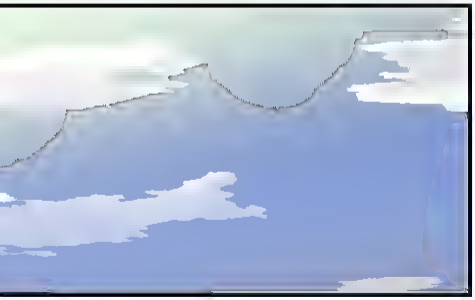
N-NAYOUNG,
OO YOU HAVE TIME AFTER CLASS TODAY?
HM? AH...
Y-YEAH...!

PEOPLE WITH SOCIAL ANXIETY OR INTERPERSONAL ANXIETY OFTEN WORRY THAT THEY'LL SHAKE TOO MUCH
AND OTHER PEOPLE WILL NOTICE.

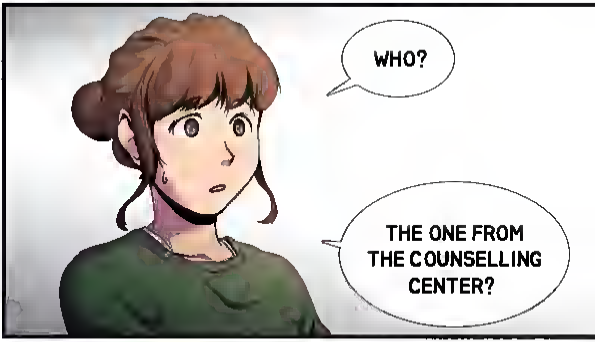
BUT ACTUALLY, WHEN YOU SEE IT THROUGH SOMEONE ELSE'S EYES, THERE ISN'T MUCH OF A DIFFERENCE.
IN THE END, IT'S USUALLY ONLY THINGS THAT THE PERSON THEMSELF NOTICES.

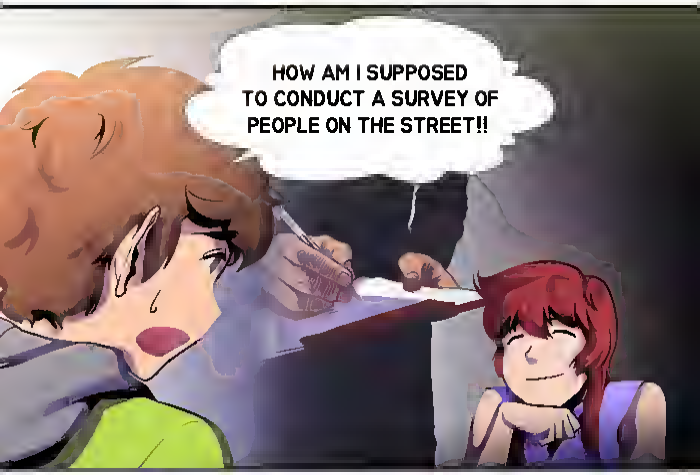
HEY GUYS-
AH, HI JAEON-
HEY, LATELY,

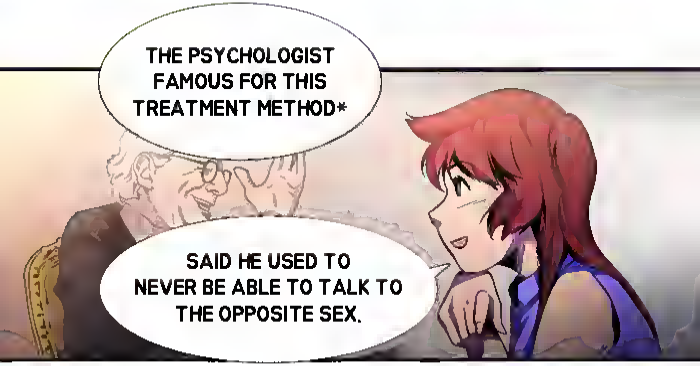
THUMP



AND HE WAS WALKING AROUND WITH MISS YOON.
BOOM
!!!!


WHO?
THE ONE FROM THE COUNSELLING CENTER?

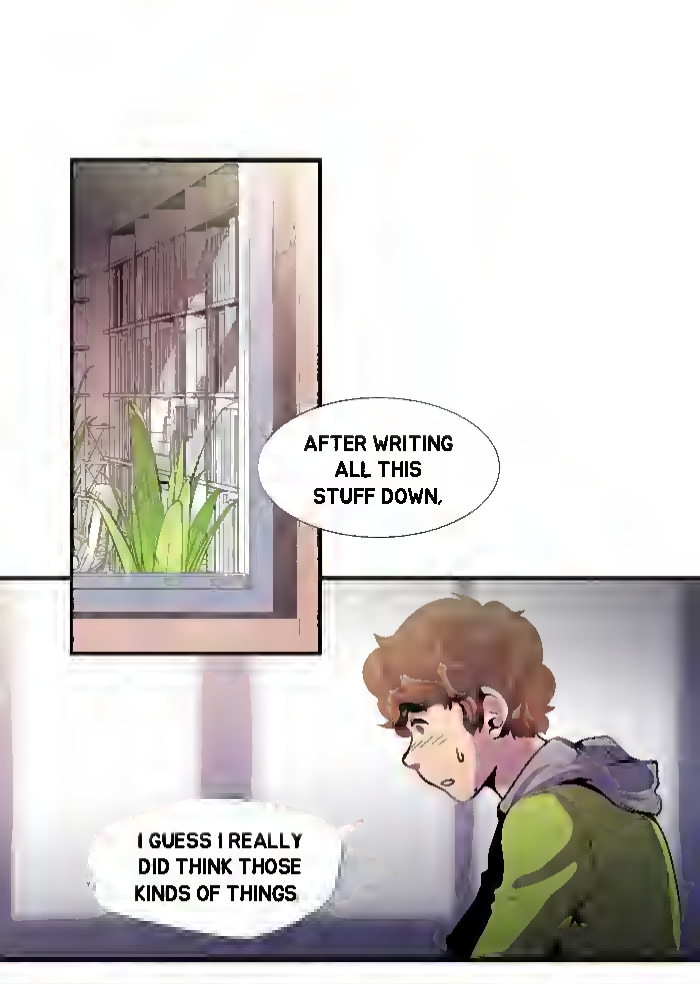


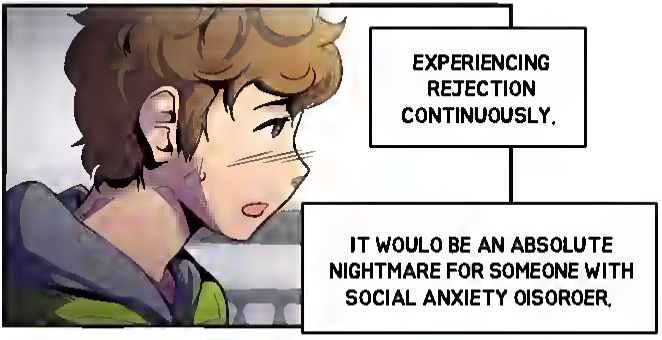


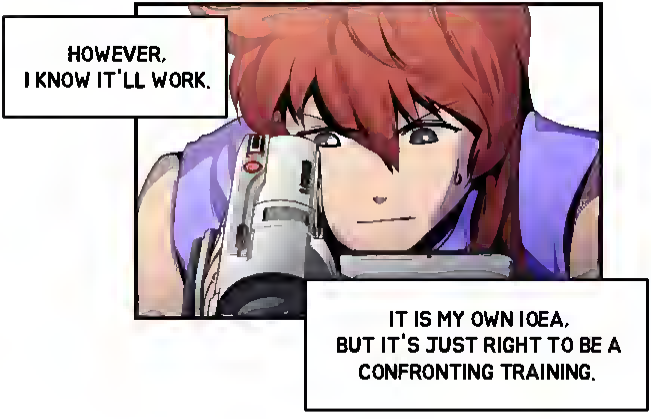
*ALBERT ELLIS

DID THE WDRLD CDME TD AN END BECAUSE HE TALKED TD DNE-HUNDRED GIRLS
AND THEY ALL REJECTED HIM?
DID HE HAVE A HEART ATTACK FRDM THE EMBARRASSMENT?

BUT DON'T YOU THINK JAEON IS ACTING KIND OF WEIRD LATELY?
HM? LIKE WHAT?
WHENEVER CLASS ENDS, HE JUST DISAPPEARS.
AH, I SAW JAEON NOT LONG AGO.
...?

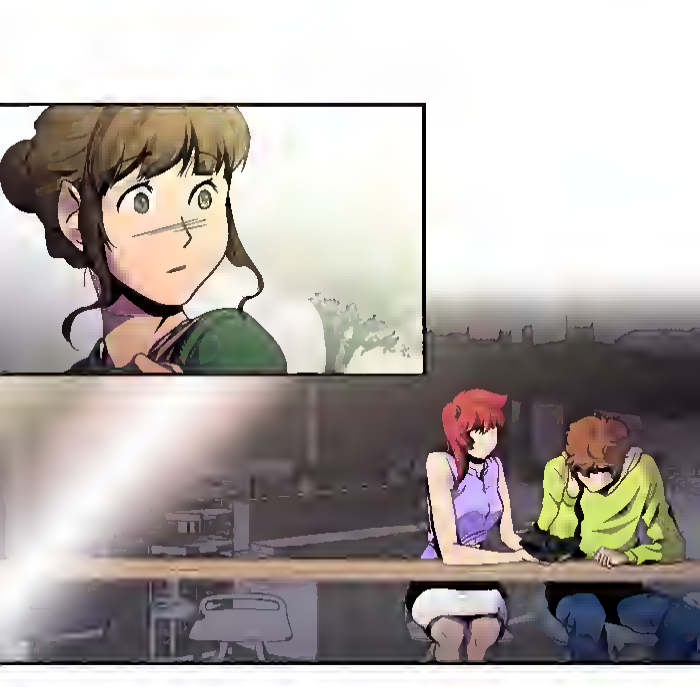

AFTER WRITING ALL THIS STUFF DOWN,
I GUESS I REALLY DID THINK THOSE KINDS OF THINGS

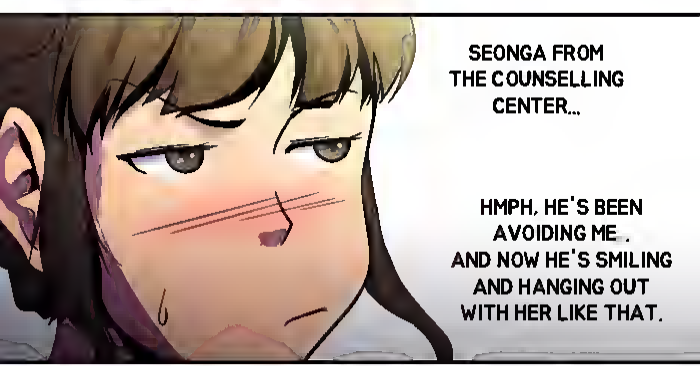

EXPERIENCING REJECTION CONTINUOUSLY.
IT WOULO BE AN ABSOLUTE NIGHTMARE FOR SOMEONE WITH SOCIAL ANXIETY OISOROER.


HOWEVER, I KNOW IT'LL WORK.
IT IS MY OWN IOEA, BUT IT'S JUST RIGHT TO BE A CONFRONTING TRAINING.

PEOPLE HANDING OUT FLYERS OR SURVEYS
ARE IN A SITUATION THAT RECEIVES THE MOST FREQUENT [REJECTION].

!?
HM?
WHAT IS IT,
NAYOUNG?




SEONGA FROM THE COUNSELLING CENTER...
HMPH, HE'S BEEN AVOIDING ME. AND NOW HE'S SMILING AND HANGING OUT WITH HER LIKE THAT.

ALRIGHT, THEN-
LET'S MOVE ON TO THE NEXT STAGE!

THUMP

THUMP